



As physical art, karate provides excellent exercise while developing coordination, agility, and self-confidence. Additionally, it is highly dynamic.

TODOME-WAZA

The technical focus of our training is the development of Todome-waza, the "Finishing Blow." This concept is based on the notion that a competent practitioner can deliver a single blow (mental or physical) that instantly terminates an assailant's intent to harm. However, the ultimate aim of Budo study is to develop one's character as well as fighting skills to altogether evade and/or avoid violent encounters.

Adults find shotokan to be a great way to stay in shape while acquiring martial arts skills that may last a lifetime. It helps relieve stress, fortify self-confidence, and improve self-esteem.

To see more adults pictures [here](#).